

# One Common Thread: Bread

## More than sustenance!



Recipes available at: <http://www.suu.edu/faculty/gubler/professional.html>

**Kathy Croxall, PhD**  
Assistant Professor  
Southern Utah University  
Cedar City, UT 84720

**Rea Gubler, MEd**  
Associate Professor  
Southern Utah University  
Cedar City, UT 84720

**Artis Grady, RD, MEd, CD**  
Associate Professor  
Southern Utah University  
Cedar City, UT 84720

## Resource Book List

**Loaves of Fun**, Harbison ISBN: 1-55652-311-4  
**Watch Out for the Chicken Feet in Your Soup**, dePaola, ISBN: 0-671-66745-9  
**Bread, Bread, Bread**, Morris ISBN:0-688-06334-9  
**Bread**, Turner ISBN:0-87614-359-1  
**The Unbeatable Bread**, Hoops ISBN:0-8037-1611-7  
**Tony's Bread**, dePaola, ISBN:0-698-11371-3  
**Sun Bread**, Kleven, ISBN:0-14-240073-4  
**Bantam of the Opera**, Daheim ISBN:0-380-76934-4  
**Parvana's Journey**, Ellis ISBN:0-88899-519-9

## Lesson Plan Links

<http://www.clover.okstate.edu/fourh/aitc/lessons/intermed/tortilla.pdf> "Tortilla in a Bag"

Lesson plan for grade 4, focuses on reading, writing, oral language, math, sciences, and social studies; includes history of bread, tortilla recipe, word game

<http://teachersnetwork.org/ntol/howto/eslclass/breadlesplan.htm> "Breads Around the World"

Lesson plan identifying breads from different countries; click on link at bottom

(<http://teachersnetwork.org/ntol/howto/eslclass/breadunit.htm>) for a unit based on "Breads Around the World" with more activities

<http://www.microsoft.com/education/PTBaguette.msp> "Pita Tortilla Baguette"

Lesson plan for primary grades, focuses on cultural diversity and food and nutrition; includes a PowerPoint to download, student activities, and other links

<http://www.hawaii.edu/hga/GAW98/breadlesson.htm> "Breads All Over the World"

Lesson plan for elementary grades, includes geography and literature tie-ins, list of children's books dealing with bread

<http://fcit.usf.edu/math/resource/articles/bread.htm> "Using Children's Literature to Link Mathematics and Social Studies: A Multicultural Exploration with Bread" Lesson plan for elementary grades, includes tie-ins to math, literature, scientific data collection; includes justification for lesson content and how it meets math and social studies standards

<http://www.exploratorium.edu/cooking/bread/overview.html> "Bread: A Global staff of Life"

Information on history of bread, includes some pictures and additional links

<http://www.foodtimeline.org/> "The Food Timeline—food history lesson plans"

Lots of links to lesson plans for various age groups and content, all dealing with food

[http://www.nmculturenet.org/heritage/folk\\_arts/food/lesson\\_plan/](http://www.nmculturenet.org/heritage/folk_arts/food/lesson_plan/) "Foodways of the Río Grande"

Lesson plan covering Spanish heritage and contrasting foods before and after the Spanish came to this area, includes activity for sprouting wheat and then drying and grinding it to make tortillas, limited in content

<http://jeffcoweb.jeffco.k12.co.us/passport/lessonplan/lessons/bread.html> "Aligned Lesson: Breads"

Lesson plan with activity ideas, resource list, links to Colorado standards

<http://www.niagara.edu/breadproject/related-websites.html> "Bread Project Fall 2004, Niagara University"

Most of the above websites came from this location, additional bread links not listed above

<http://www.fieldworking.com/drygoods/bread.html> "Everyone Eats Bread"

Lesson plan covering multiple aspects of bread, includes many activities, assessments, and resource books

<http://www.breadculture.net/web/index.php> "Bread—The World's Heritage"

Includes the word for bread in many languages (though they are not identified), short video clip of baking bread in an outdoor oven, books you can purchase dealing with bread